

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>Fruity vegetable curry with chick peas served with basmati rice</p> <p>Basmati Rice, Carrots, Chick Peas, Coconut Milk (Coconut Extract, Guar Gum, Xanthan Gum), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Ground Black Pepper, Korma Curry Paste, Tomato Purée, Coconut, Rapeseed Oil, Cumin, Coriander, Garlic, Ginger, Turmeric, Xanthan Gum, Cardamom, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Salt, Sunflower Oil, Sweetcorn, Tomato Puree</p>	<p>Cannellini beans in a mango sauce with carrots and sweetcorn served with basmati rice</p> <p>Basmati Rice, Cannellini Beans, Carrots, Garlic, Ginger, Lemon Juice, Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Mixed Peppers, Salt, Sunflower Oil, Sweetcorn, Vinegar</p>	<p>Hungarian bean goulash with parsnips Served with roasted potatoes</p> <p>Butter Beans, Carrots, Chopped Tomatoes, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Peppers, Onion, Paprika, Parsnips, Potatoes, Salt, Smoked Paprika, Pinch Of Sugar, Sunflower Oil, Thyme, Tomato Puree</p>	<p>Vegetarian sweet and sour with red lentils, peppers served with basmati rice</p> <p>Apricot Sulphur Dioxide, Basmati Rice, Carrots, Chopped Tomatoes, Curry Powder (Contains Mustard), Garam Masala, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mango Chutney, Mango, Sugar, Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder, Turmeric Powder, Onion, Red Lentils, Sunflower Oil, Vinegar</p> <p>SD</p>	<p>Vegetarian bolognaise with garden peas served with gluten free pasta</p> <p>Black Pepper, Carrots, Chopped Tomatoes, Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Gluten Free Pasta (Cornflour, Rice Flour), Green Lentils, Onion, Oregano, Sunflower Oil</p>

Allergens Key

- D** Dairy

E Eggs

SB Soy Beans

M Mustard

L Lupin

C Crustaceans

P Peanuts
- G** Gluten

F Fish

N Nuts

SS Sesame Seeds

M Mollusc

C Celery

SD Sulphur Dioxide


Dessert	Gluten & soya free Vegan cake	Fresh fruit	Fresh oranges	Fruit compote	Gluten & soya free Vegan cake
	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon	Ingredients: , Fresh Fruit	Ingredients: , Oranges	Ingredients: , Apple, Peach, Pear, Pinch Of Brown Sugar, Vanilla Flavouring, Cinnamon	Ingredients: , Gluten Free Flour, Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon

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